

gültig ab 20.10.2025

KURSPLAN

ENJOY THE
FEELING

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
08:00 - 09:00 ^A Good Morning Yoga Brigitta	07:15 - 08:00 ^A Cycling Iris	09:30 - 10:15 ^A Rücken Fit Anja	09:00 - 10:00 Hatha Yoga Nigora	09:30 - 10:30 ^A Best Ager Linda	10:15 - 11:15 ^A Body Intensiv Theresa
09:00 - 10:00 ^A Pilates Brigitta	09:00 - 10:00 ^A Body Complete Iris	10:15 - 11:00 ^A Stretch Relax Anja	^{NEU} 10:00 - 11:00 ^A Zumba Gold Elvira		11:15 - 12:00 ^A Stretch Theresa
^{NEU} 10:00 - 11:00 ^A Rücken-Faszien Brigitta	10:00 - 10:30 ^A Body Stretch Iris				
	16:30 - 17:30 ^A Yoga Eva	16:30 - 17:15 ^A Core Iris	^{NEU} 16:30 - 17:30 ^A Kizginga Cassia		09:30 - 10:25 ^A Cycling Dieter/Valentina/Peter
17:30 - 18:30 ^A Body Complete Julia	17:30 - 18:30 ^A Langhantel Iris	17:30 - 18:30 ^A Cycling Valentina	17:30 - 18:30 ^A Body intensiv Nina	18:00 - 19:00 ^A Cycling Julia	10:30 - 11:30 ^A Boxout Rick
^{NEU} 18:30 - 19:30 ^A Afro Beats Elena	18:30 - 19:30 ^A Zumba Elvira	18:30 - 19:30 ^F Body Complete Iris	18:30 - 19:30 ^A Rücken+Stretch Nina	19:00 - 20:00 ^A Power Pilates Theresa	11:30 - 12:45 ^A Yoga Nigora
^{NEU} 19:30 - 20:30 ^A Vinyasa Yoga Elena	19:30 - 20:30 ^A Boxout Rick	19:30 - 20:30 ^A Sleep Well Yoga Tanja	19:30 - 20:30 ^A Zumba Elvira	20:00 - 21:00 ^A Yin Yoga Nigora	

ÖFFNUNGSZEITEN

Mo - Fr: 07:00 - 22:00 Uhr
Sa, So, Feiertage: 09:00 - 20:00 Uhr

LEVEL

- ^A Für Alle
- ^F Für Fortgeschrittene
- ^O Outdoor

An Feiertagen Kurse nach Aushang